

Calvary in Touch

Greetings

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As we approach Mother's and Father's Day, let's remember that we may be grieving differently from other members in our family. For instance, not all siblings express their grief in the same way nor have they had the same relationship with their parent or parental figure. We may show our emotions differently yet we are all grieving. Some may feel more comfortable crying, others may be angry or feel a lot of guilt, and still others may show no outward expression of grief.

While we remember our parents or parental figures that have died, let's not forget those parents whose child or children have died. The death of a child, whether an adult or infant, goes

against how we believe the life cycle works. The silence these celebrations bring for parents can be quite upsetting. Their child won't be there to take them to dinner, possibly laugh with them about shared memories or express good wishes for them.

Finding ways to honor our parents, grandparents and other parental figures in our lives can help us maintain connections to them as well as support our healing through challenging times. May you find peace and comfort in the coming days and months as you journey through your grief.

*Maria Georgopoulos, LMHC, FT
Director of Bereavement Services*

Spotlight On: Anger in Grief

Grief brings many emotions with it, anger being one that is often difficult to understand and express. Grievers can feel anger at themselves, the significant person who died, or the medical practitioners who treated their loved one. There can also be anger at the choices made by the deceased in their medical care or choices in their lifestyle that those left behind feel may have contributed to the death. What about aspects of the relationship with the deceased that were left quite unresolved at the time of their death? These aspects can leave a residue of anger and frustration that many may not know what to do with in the absence of their loved one.

Where does this anger come from? What does it mean for the person experiencing the anger? These are just some of the questions that are asked when navigating the emotions that come up for the bereaved. Feelings of fear, pain and helplessness are often underlying the anger. The death of our significant person takes with them aspects of our identity and sense of security in the world. How dare death do this to us? How dare death take with it our past, present, and future? Anger is often our reaction to the fear and pain that these questions bring up in us.

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Spotlight on: Anger in Grief

Anger experienced in grief may cause the griever to behave in unrecognizable ways, ways not even recognized by the griever. What can be done about this emotion that may use up a lot of our energy? It's a good idea to start by allowing yourself the space to be angry and telling yourself that this too is a part of your grief. It's also important to recognize when anger has become overwhelming and give yourself permission to take a step away from it for a while. Breathe...remove yourself from what is going on and breathe. Often we just need a moment to regroup our minds in order to continue functioning.

Grief can be exhausting so it is important to have compassion for ourselves; to give ourselves time to

help the healing. Being around those who are supportive and offer help in ways you need also helps with releasing some of the more difficult emotions we have.

Losing our loved one to death will forever change who we are. Let's make it so the hurt of loss helps us grow as we learn to cope with the pain that helps the healing process.

*Joanne Castellanos, MHC-LP,
Bereavement Counselor
Calvary Hospital*

Event: Bereavement Course

Every year, Calvary Hospital offers an immersive Bereavement Course for students and workers in the helping professions. It's historically been a 10-week commitment. However, after reading numerous evaluation comments regarding the desire for more lectures, it is now an 11-week course. It takes place once weekly from March through May and attendees have the option between the Bronx campus or our Brooklyn location. The lectures are led by a great team of Master's level counselors, PhD's, Doctors and Pastoral Care staff members.

Our topics include lectures on the death of a child, parent, spouse, young adult bereavement, compassion fatigue, multicultural aspects of grief, trauma/complicated grief, and important self-care strategies.

Each presenter creates a welcoming and comfortable atmosphere upon discussing some difficult topics. They balance the necessary academic sections with important examples of real-life group exercises. Some of these examples include recounts of what clients have said and done, how other members have reacted, and how the facilitator managed the situation. Through this educational recollection, everyone is able to understand the group dynamics and how people grieve a little more deeply. At the end of each lecture, the presenter opens up the space for questions and a discussion. It's wonderful to hear such thoughtful and sensitive feedback from everyone.

I think the most valuable thing to take from a course like this is that there is always room to grow as a professional. Apart from the specific things I have learned about how children grieve, how a spousal death can differ from a parent's death, and how every factor of a person's life can influence their grieving pattern, I've also noticed that the best thing a counselor can assume is that they are not the expert on another person. The value of learning about grief is that we are able to better care for the bereft. We must understand that anger, guilt, and withdrawing from social activities are all completely normal reactions for many. For adults who care for children, understanding the developmental stages a child goes through is crucial in determining appropriate interventions. Through conversation and learning, we can start to push aside the harmful myths about grief, like the idea of closure, and make way for a more compassionate approach not just from professionals, but from everyone. By listening to someone, validating them, and trying to understand them, we are giving them a service that is invaluable to their healing process.

*Stephanie Insalaco, MA-MHC
Bereavement Counselor
Calvary Hospital*

Monthly Calendar

BRONX GROUPS

Adult Death of a Child
2nd, 3rd & 4th Thursday: Sherry
12:30 pm - 2:00 pm

Death of a Child
Wednesday: Joanne
1:00 pm - 2:30 pm
Wednesday: Sarah
6:00 pm - 7:30 pm

Adult Death of a Parent
Wednesday: Stephanie
6:00 pm - 7:30 pm
Thursday: Joanne
5:15 pm - 6:45 pm

Death of a Sibling
Tuesday: Joanne
5:30 pm - 7:00 pm

Death of a Spouse/Partner
Tuesday: Joanne
1:00 pm - 2:30 pm
Thursday: Joanne
7:00 pm - 8:30 pm

Death of a Young Spouse/Partner
Wednesday: Joanne
5:30 pm - 7:00 pm

Spanish Speaking Group
Monday: Yvette
12:30 pm - 2:00 pm

Precious Moments Ages 6 - 9
Tuesday: Sarah
4:00 pm - 5:30 pm
Thursday: Sarah
4:00 pm - 5:30 p.m.

In Be-tween Ages 10 - 12
Thursday: Sarah
6:00 pm - 7:30 pm

Teen Group Ages 13 - 17
Tuesday: Sarah
6:00 pm - 7:30 pm

Men's Discussion Group
1st Thursday: Sherry
12:30 pm - 2:00 pm

Calvary Hospital
1740 Eastchester Road

BROOKLYN GROUPS

Precious Moments Ages 6 - 9
Tuesday: Rashida
4:00 pm - 5:30 pm

In Be-tween Group Ages 10 - 12
Thursday: Abby
4:00 pm - 5:30 pm

Teen Group Ages 13 - 17
Wednesday: Rashida
4:00 pm - 5:30 pm

Death of a Spouse/Partner
Thursday: Rashida
5:00 pm - 6:30 pm

Death of a Young Spouse/Partner
Thursday: Abby
6:00 pm - 7:30 pm

Adult Death of a Parent
Tuesday: Rashida
6:00 pm - 7:30 pm

Death of a Child
Monday: Rashida
5:30 pm - 7:00 pm
Tuesday: Abby
6:00 pm - 7:30 pm

Young Adult Group
Wednesday: Abby
6:00 pm - 7:30 pm

Mindfulness & Movement for
Grief
Dates to be determined

St. Joseph High School
80 Willoughby Street
Brooklyn, NY 11201

MANHATTAN GROUPS

Precious Moments
for Children 6-11
Wednesday: Stephanie
4:00 pm - 5:30 pm

Teen Group
Thursday: Stephanie
4:00 pm - 5:30 pm

Death of a Parent
Wednesday: Stephanie
6:00 pm - 7:30 pm

Death of a Spouse/Partner
Thursday: Stephanie
6:00 pm - 7:30 pm

Terence Cardinal Cooke Health
Care Center
1249 Fifth Avenue
9th Floor
New York, NY 10029

***For more information or to
schedule an appointment; please
call Lynne Marie at (718) 518-2173***

MEMORIAL SERVICES

Bronx Christian
May 11
June 8

Bronx Jewish
June 2

Brooklyn Christian
June 9

Brooklyn Jewish
May 19

All groups are free & open to the community. Please call to schedule an appointment

Contacts

Maria Georgopoulos, LMHC, FT (646) 739-1005
Director of Bereavement Services

mgeorgopoulos@calvaryhospital.org

Bronx

Joanne Castellanos, MHC-LP (917) 574-4941
Amy Glasgow, MA, LMHC, GC-C (718) 518-2196
Stephanie Mastropaolo, LMSW (718) 518-2574
Lynne Marie Pappalardi (718) 518-2173
Sarah Peralta, MHC-LP (917)708-0133
Yvette Ramirez, Spanish Chaplain (718) 518-2569
Sherry Schachter, PhD., FT (646) 739-6480

jcastellanos@calvaryhospital.org
aglasgow@calvaryhospital.org
smastropaolo@calvaryhospital.org
lpappalardi@calvaryhospital.org
speralta@calvaryhospital.org
yramirez@calvaryhospital.org
sschachter@calvaryhospital.org

Brooklyn

Rashida Sanchez, MA, FT (347) 504-2704
Abby Spilka, MA, CT, MHC-LP (917) 574-6879

rsanchez@calvaryhospital.org
aspilka@calvaryhospital.org

Manhattan

Stephanie Insalaco, MHC (646) 771-6604

sinsalaco@calvaryhospital.org

Tree of Life



Calvary Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Through the Tree of Life, we can recognize your significant naming gift in a permanent and meaningful manner. Your loved one's name will exist in perpetuity with the lifetime of the Hospital.

This a loving way of memorializing someone special to you or saying thank you, because your gift of love helps patients and families today and for many years to come.

For more information on the Tree of Life, contact Sandrina Fernandez at **718-518-2039**.

Calvary In Touch has been made possible by a generous bequest from Michael Camara